

Table 1

Components of the Original and Modified Versions of the Physical Function ICU Test (PFIT)

Original 5-Component PFIT	New 4-Item PFIT
Assistance (sit to stand) ^a	Assistance (sit to stand) ^a
Cadence (steps/min) ^b	Cadence (steps/min) ^b
Shoulder (flexion strength) ^c	Shoulder (flexion strength) ^c
Knee (extension strength) ^c	Knee (extension strength) ^c
Bilateral shoulder lifts (lifts/min)	

^a Sit-to-stand assistance (0, 1, or 2 people needed).

^b Calculated on maximal marching on the spot duration and number of steps.

^c Greatest of left and right using the Oxford grading system (muscle strength recorded as: 0=no contraction, 1=visible/palpable muscle contraction, 2=movement across gravity, 3=movement against gravity, 4=movement against gravity with some resistance, or 5=movement against gravity with full resistance).